

# Governor's Awards for Wellness Innovation

## 2010 Winners

1. <b>Setting: State Agency</b>
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**AWARDEE: Office of Rehabilitation Services for “*Health and Wellness Matters*”**

The Office of Rehabilitation Services’ (ORS) participates in the state government Get Fit, RI wellness program, but also crafts its own custom programs to help ORS staff to live up to their mission statement: *“To promote and initiate a healthier lifestyle within the Office of Rehabilitation Services as we promote and initiate healthier lifestyles in our clientele.”* The staff has gone beyond modeling healthier living for clients, and now has begun to transfer skills to their clients. ORS looks beyond the diagnosis that creates eligibility for vocational support, and provides clients with information and reinforcement to help clients manage health conditions that can create further barriers to employment and daily living.

To support staff wellness, ORS has replaced unhealthy food selections at the office vendor stand with healthier choices; instituted *The Gerry Shapiro Softball Game* and *The Gerry Shapiro Bowling Tournament* to honor a deceased colleague and raise scholarship funds; engages in a variety of healthy activities such as yoga; and encourages full staff participation by providing talking pedometers to employees who are visually impaired.

2. <b>Setting: Healthcare Organization</b>
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**AWARDEE: Chad Brown Health Center, for the Health and Wellness Center at Dexter Manor High Rise**

In November of 2009, the Chad Brown Health Center partnered with the Providence Housing Agency to create a Health and Wellness Center onsite at Dexter Manor High Rise, an elderly/disabled building located in downtown Providence. The Center addresses the health care needs of a consistently underserved population of over 300 residents who tend to have higher rates of chronic disease and unmet healthcare needs.

The Health Center has partnered with Rhode Island College nursing students to provide elderly/disabled residents with free screenings for diabetes, high blood pressure and cholesterol. They also offer monthly health education workshops, and assist residents with improving their chronic conditions and meeting disease management goals. The University of Rhode Island’s Expanded Food and Nutrition Education Program also provides one-on-one nutrition sessions, and educates residents on how to increase physical activity. The health and wellness center, believed to be one of the first of its kind in the state, is on track to become a full-fledged health clinic.

### 3. ***Setting: Schools***

#### **1st Schools Awardee**

##### **Nayatt Elementary School (Barrington) for *Nayatt School Fitness Weekend*.**

Nayatt School has abandoned traditional fundraisers such as sales of cookie dough, candy, and wrapping paper in favor of an idea that promotes physical activity and a healthier school culture. “Fitness Weekend” - which includes a Friday “Jog-a-thon” and Saturday “Nayatt 5K” in the spring – raises money for Nayatt while meeting the school’s goal to raise awareness of the positive effect physical activity has on students’ physical, social, and emotional, and academic growth. Nayatt School is striving to become a catalyst for the message that schools can add a fourth “R” (running) to the traditional “three Rs”.

The school prepares for the Fitness Weekend throughout the school year with a variety of fitness-focused activities and policies such as: a health snack policy, healthy birthday celebrations, a “Mileage Club” at recess, exercise breaks in the classroom, movement-related afterschool activities, and race training. The school has a well-developed wellness culture, and offers activities culminating in a positive and fun event that reinforces healthy messages taught throughout the school year.

#### **2nd Schools Awardee**

##### **Tiverton School Department, for its Food Advisory Committees**

Knowing that stricter nutrition regulations won’t benefit students who refuse to eat healthier foods, the Tiverton School Department successfully developed Food Advisory Committees to solicit student input and build support for changes in the school lunch program. The committees are comprised of at least one student from each grade level, and meet twice per year in each building with representatives of the Wellness Committee. In the fall, the students share their thoughts on the menu and foods offered, and make recommendations for improvements.

Students participating in the Food Advisories develop a strong understanding of the value of good nutrition and of the schools’ responsibilities to serve healthy foods. They become ambassadors for the lunch program, seeking input from their peers and communicating the thinking behind the improvements that are made. The school district is seeing results: younger students have been more flexible and willing to try new foods, while older students who were often unreceptive to change have been willing to negotiate for new healthier food offerings.

#### 4. ***Setting: Community and Faith-Based Organizations***

##### **1st Community Awardee**

###### **Kids First, for the Rhode Island Farm to School Project**

Initiated in 1999 by Kids First, the RI Farm to School Project began with a goal to improve children's nutrition, support sustainable agriculture, and preserve open space and the quality of Rhode Island's environment. Addressing the wellness goals of nutrition and healthy eating, the vision was to increase children's access to and desire for fresh fruits and vegetables, while addressing the childhood obesity epidemic by providing schools with the freshest, tastiest produce available from our local farms.

Kids First has engaged in extensive communication, education, and training to gain support of educators, parents, and students. The program has been successfully implemented in all 36 school districts, and there has been a dramatic increase in the amounts and variety of local products purchased and served in our schools. Data demonstrates the program's remarkable growth and acceptance in Rhode Island's schools and communities. Also, seventeen farmers are engaged in the program and twelve farmers have altered management practices or are growing crops specifically for the Farm to School program.

##### **2nd Community Awardee**

###### **Lincoln Housing Authority, for its Smoke Free Housing Policy**

The Lincoln Housing Authority (LHA) Board of Commissioners adopted a smoke-free policy for all of its developments as of November 1, 2009, becoming one of the few authorities in the state – and in all of New England – to do so.

Smoking is no longer allowed in any sections of Authority buildings including common areas and apartments, except for residents with temporary exemptions from this policy. This exemption allowed such residents to smoke in their apartments until their leases renewed, at which time they are required to cease smoking within their unit. The American Lung Association was brought in to provide materials and education services to assist residents with the transition. All apartments will be fully smoke-free as of November 1, 2010, when temporary exemptions expire.

This policy has raised the awareness of the dangers of second hand smoke and cigarette-related fires, improved indoor air quality, and encouraged residents to quit smoking in a supportive environment.

## 5. ***Setting: Worksites with Less Than 500 Employees***

### **1<sup>st</sup> Worksite AWARDEE:** **UnitedHealthcare of New England**

UnitedHealthcare of New England's *Personal Rewards* is an innovative points-based incentive program that rewards predetermined health and wellness actions. The program is designed to help eligible participants meet their wellness goals and achieve their greatest potential for health by providing personalized health action recommendations.

Participants earn points for completing predetermined "health actions" and preventive care screenings. Points earned in 2010 add up to credits toward UnitedHealth Group plan premiums in 2011. Participants receive a quarterly personalized scorecard in the mail to track their progress and learn additional opportunities to earn points. The personalized score card is also available online to employees and spouses so participants can view completed health actions and points earned. Employees are offered services to help manage their chronic health conditions.

### **2<sup>nd</sup> Worksite AWARDEE** **West View Health Care Center**

West View Health Care Center, a nursing care facility, developed a multi-faceted wellness program that is unique for the attention it focuses on employee stress and life needs. While following best practices in providing health risk assessments, physical activity opportunities, highly successful smoking cessation efforts and incentives for healthy behaviors, the facility offers some creative services for employees. For instance, nutrition kiosks have been established at the worksite to advise employees about healthy eating.

West View Health Care Center prioritizes the mental health of its employees, offering monthly massage therapy and discounted services to meet employees' personal needs. Employees can receive discounted auto repair with pick-up and delivery service while staff works. Discounted dry cleaning, discounted entertainment tickets, and discounted grocery purchases are also offered. West View Healthcare prides itself on providing a systematic and consistent approach to improve total person wellness by addressing employees' personal stressors and quality of life needs.

## **6. Setting: Worksite with More Than 500 Employees**

**Awardee: South County Hospital Health Care System for  
the Well Beyond Website Initiative**

The Well Beyond Website has been established by South County Hospital to provide full-time, part-time, and per diem staff working all three shifts access to a variety of health-related activities, information, and competitions. Employees are able to scan their own “Well Beyond” cards to earn points for participation in wellness activities and to qualify for quarterly raffle prizes.

Via the website, employees who work offsite and don’t have email can keep up with program competitions, personal participation, and information through the website. Hospital gym use is rewarded with an additional point for the quarterly raffle, which has resulted in increased employee visits to the gym. Numerous programs have been developed to promote healthy eating and increased physical activity, including “Deskercise” programs to review ergonomics and provide exercise opportunities to employees with desk jobs. The cafeteria labels healthy food choices with a “Well Beyond” logo sticker and offers nutrition information.

Amazingly, the program has run on a relatively small budget and boasts a 92% employee participation rate.

## **2010 Honorable Mentions and Citation Recipients**

*Two worksites were selected to receive honorable mentions, because their applications received high scores and the Governor believes they deserve recognition for their successful programming. They are:*

**AAA of Southern New England**

**Amica Mutual Insurance Company**

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*The following applicants also demonstrated that they offered well-established programs that the Governor believes are also deserving of recognition. They include:*

**Electric Boat**

**Lifespan**

**Bryant University**

**The Naval Undersea Warfare Center, Newport Division**

**Pawtucket Credit Union**